

Webinar 55 | More than just self-care: health practitioner wellbeing

WHEN Wednesday, August 31st 2022
8:00 PM – 9:00 PM

WHERE Online

COST Free



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and [registration details](#)

Health professionals have faced enormous stress over the past two years, with little time to look after themselves. Many health professionals are told to manage their wellbeing by getting more sleep, taking holidays or doing other activities that, while tempting, simply are not possible in the current health system.

This webinar discusses ways of managing wellbeing that really work, including the steps we must take to change healthcare culture.

This webinar will enable you to

Identify the signs of burnout

Explain the difference between burnout and mental illness

Identify resources to help re-think unrealistic expectations

Construct conversations around setting important boundaries at work

List eMH resources and tools to help you manage your wellbeing.